

Polysomnography (Sleep Study)



Allina Health

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Your Polysomnography (Sleep Study) Appointment

Your health care provider has referred you for a sleep study. If you have not already done so, call your local sleep center or clinic to schedule your sleep study appointment.

Location: _____

Health care provider: _____

Phone number: _____

Start date: _____

Start time: _____ a.m. / p.m.

End date: _____

End time: _____ a.m. / p.m.

Important: Sometimes, more testing is needed the next day, which requires you to stay until late afternoon. Please make arrangements in case you need to stay.

Polysomnography (Sleep Study)

Polysomnography is a special study of your sleep. It records your brain activity, eye movements, face and leg muscle activity, breathing, heart rate and rhythm, oxygen level, and snoring.

For the sleep study, you will spend the night at a sleep center or clinic. Special patches and sensors (electrodes) will be placed on your scalp, face, legs, chest, abdomen, finger and neck. A video camera will record you sleeping. The study has little to no discomfort.

Your sleep study will last for at least 6 hours. Sometimes, more testing is needed the next day, which requires you to stay until late afternoon. This test is called a multiple sleep latency test. Please make arrangements in case you need to stay to have more testing done.

Purpose of your sleep study

Your sleep study will help your health care provider tell if you have a sleep disorder. They will order this sleep study to:

- understand your sleep patterns to see if you have a sleep-related breathing disorder such as sleep apnea (stopping breathing many times at night)
- see if you have any sleep-related behaviors or movements such as abnormal arm or leg movements, sleepwalking, or sleep talking
- use along with a multiple sleep latency test (MSLT) to see if you have narcolepsy (extreme sleepiness and sudden falling asleep during the day)
- gather more information than what a home sleep test can provide.

Parts of your sleep study

When you arrive for your sleep study, your technologist will use a special paste or adhesive to attach electrodes to your skin.

Each electrode is connected to a wire. The electrodes send information through the wire to a recording device. The recorded information is sent to a computer for review.

The following information is recorded.

- **Brain activity:** Tiny electrodes will be placed on your scalp. The computer will record your brain waves during the different stages of sleep:
 - light sleep
 - deep sleep
 - rapid eye movement (known as REM sleep), which is when you do most dreaming.
- **Eye movements:** Electrodes will be placed near your eyes. The computer will record your eye movements during sleep.
- **Face and leg activity:** Electrodes will be placed on your face and legs. The computer will record muscle tension, teeth grinding and leg movements.
- **Airflow:** Small sensors will be placed near your nose and mouth. The computer will record the flow of air from your nose and mouth.
- **Respiratory effort:** Sensors on a belt will be placed around your chest and abdomen. The computer will record your chest and abdominal movements when you breathe. This information will be used along with airflow to confirm sleep apnea.

- **Heart rate and rhythm:** EKG (electrocardiogram) patches will be placed on your chest. The computer will record your heart rate and rhythm.
- **Oxygen level:** A pulse oximeter sensor will be placed on your finger. The computer will record the amount of oxygen in your blood.
- **Snoring:** A sensor will be placed on your face or neck. The computer will record your snoring.

An audio and video camera on the wall will record the sounds in your room, your sleep positions and movements you make during sleep.

Your technologist will be in a control room with the computers that record your sleep. They will be available to help you at any time during the sleep study. However, your technologist is not a nurse and may not be able to help with some of your needs. There is an intercom or microphone in the room to let you communicate with your technologist during the night if needed.

Preparing for Your Sleep Study

Past sleep study results

Tell your sleep center or clinic if you have had a sleep study in the past. You may be asked to:

- have the results faxed to your sleep center or clinic
- bring your results with you to your sleep center or clinic on the day of your sleep study (if you have not already given them to your health care provider).

Sleep medicine

Your health care provider may:

- have a sleep medicine available, or may prescribe sleep medicine for you to take after you arrive at the sleep center or clinic.

If you are prescribed sleep medicine, make sure you fill the prescription before your sleep study.

- give you instructions for taking any current sleep medicine before the sleep study. This may include instructions for:
 - continuing your medicine before the sleep study
 - stopping your medicine before the sleep study
 - resuming your medicine after the sleep study.

It is important to take all of your medicine as directed.

Getting to and from your sleep study

Make sure you have a way to get to and from your sleep study. You may drive yourself or arrange a ride.

If a member of your care circle (family member, friend or other close to you) will give you a ride, they will need to pick you up by 7 a.m. the day after your sleep study.

If you are scheduled for day testing after your night study, please plan to stay at the sleep center until late afternoon. Your technologist will give you a schedule in the morning so you know what to expect.

Your care circle

Members of your care circle may be with you while you are getting ready for the sleep study. This will take about 1 hour.

If a member of your care circle needs to stay overnight, please contact the sleep center or clinic to make special arrangements.

Important: Tell a member of your health care team if you need help with personal care or everyday activities (using the toilet, walking, taking your medicine). Depending on your needs, a member of your care circle may need to stay with you during your sleep study.

Canceling or rescheduling your sleep study

Please call your sleep center or clinic at least 1 to 2 days before your scheduled appointment if you need to cancel or reschedule.

Call your sleep center or clinic if there are any changes in your health (cold, fever, dental problem, urinating problem, diarrhea) or if you have a skin condition (rash, wound). Your sleep study may need to be rescheduled.

Night Before and Day of Your Sleep Study

Night before your sleep study

- Remove artificial nails (if you wear them), and any nail polish on your fingers or toes.
- Try to keep your normal bedtime routine.
- Take your regular medicine(s), unless you received other instructions from your health care provider.
- Go to sleep at your normal time.

Day of your sleep study

- Get up at your normal time. Do not sleep in.
- Try to keep your normal daytime routine.
- Take a shower or bath and wash your hair the day of your sleep study. It is best to do this in the afternoon or evening if possible. Make sure your hair is dry before arriving for your sleep study.
 - During your shower or bath, you may use body soap and shampoo. Do not use bath oils, conditioners or hair styling products.
 - After your shower or bath, do not use mousse, gel, hairspray, makeup or skin lotion. These products will leave your skin oily and make it difficult for the electrodes to stay on your skin.
- Men should be clean-shaven, unless you have a full beard or mustache.
- Take your regular medicine(s), unless you received other instructions from your health care provider.
- Do not eat or drink caffeine after noon. This includes coffee, tea, soda pop and chocolate.

- Eat a regular meal at least 4 hours before your sleep study. You may eat a snack after this meal if needed.
- Do not use tobacco products for 3 hours before your sleep study.
- Do not take a nap.
- Do not drink alcohol.

What to bring to the sleep center or clinic

Bring the following items:

- Your insurance card(s) or Medicare card (if you have one).
- A photo ID.
- Sleep study results (if you have had a sleep study in the past and were asked to bring them).
- Loose-fitting two-piece pajamas or a T-shirt and shorts. You cannot sleep in the nude or in your underwear.
- Socks or slippers in case your feet get cold.
- A change of clothes for the next day.
- Toothpaste, toothbrush, comb or brush, and other personal items.
- Body soap, hair products and hair dryer if needed. You will be able to take a shower in your room the morning after your sleep study.
- Your medicines (prescription, over-the-counter, herbals and vitamins) in their original bottles. This includes any sleep medicine your health care provider has prescribed for you. Bring enough medicine for the night of and day after your sleep study.
- A current list of your medicines, how much you take and when you took your last dose (include any prescription medicines, over-the-counter medicines, herbals, vitamins or other supplements).

- Evening and morning snack if needed.
- Your mask and headgear (if you have one).
- If you have an appointment scheduled with Allina Health Home Oxygen & Medical Equipment the morning after your sleep study, you will need to bring your continuous positive airway pressure (CPAP) machine or bi-level machine (if you have one).
- Portable oxygen system for the ride to and from the sleep center or clinic (if you use oxygen at home).

If you need to use oxygen during the sleep study, it will be supplied at the sleep center or clinic.

- Sleep diary, if you have not already given it to your health care provider.
- Items to help make your sleep feel more like home such as a favorite pillow or blanket.
- Book, magazines or newspapers, if you wish.
- This book.
- A hat to wear home.

What not to bring to the sleep center or clinic

Do not bring any of the following items:

- Do not bring any valuables.
- Do not wear:
 - jewelry or a watch
 - hair extensions or weaves
 - artificial nails
 - nail polish on your fingers or toes.
- Do not bring credit cards or money, unless you need them for copays or payment.

When You Arrive for Your Sleep Study

- You will read, fill out and sign paperwork.
- Your technologist will:
 - give you a short tour and take you to your room. Your room will have a bathroom, TV and linens that you may use.
 - tell you about the sleep study and explain what the sleep study equipment will do
 - talk with you about a CPAP machine. This machine helps you breathe while you sleep. You may try a CPAP machine during your study.
 - answer any questions you have.
- You may take your medicine or eat your evening snack if needed.
- You will change into your pajamas or night clothes. You will use your toothbrush, toothpaste, comb or brush, and other personal items.
- Your technologist will attach the electrodes to your skin.
- You can watch TV, read or get comfortable in bed. You will need to stay awake until the sleep study starts.

During Your Sleep Study

- Your sleep study will likely start between 9 and 11 p.m. You may sleep on your stomach, side or back.
- If you need anything during the night, an intercom or microphone in your room will allow you to talk to your technologist.
- If your technologist discovers a breathing problem during the sleep study, they may wake you and set up a CPAP machine. A mask fits over your nose, mouth or both. A steady flow of air from the machine enters your nose, mouth or both to keep your airway open while you sleep.
- If your technologist needs to adjust or fix your electrodes, they may wake you.
- You will be able to sleep until enough information has been recorded. Your health care provider would like at least 6 hours of recorded information for the sleep study to be complete.

After Your Sleep Study

- If more testing is needed, you will be asked to stay for more testing the day after your sleep study or to schedule a repeat sleep study. Your health care provider will explain any of these tests to you. (If you stay for more testing the day after your sleep study, you will need to stay until late afternoon.)
- If no other tests are needed or you need to schedule a repeat sleep study, you will be ready to leave the sleep center or clinic by 7 a.m.
 - Your technologist will remove your electrodes.
 - You will be able to take a shower and wash your hair.

- You will gather your belongings to take home with you. The sleep center or clinic is not responsible for any lost or forgotten items.
- You may schedule your next appointment.

Sleep Study Results

- A health care provider at the sleep center or clinic will read your sleep study results. This can take up to 1 week.
- You will have a follow-up appointment with your primary care provider or the health care provider at the sleep center or clinic.

They will talk with you about:

- your results
- therapy options if needed
- any questions or concerns you have.

Insurance Coverage

Health care benefits change and differ from plan to plan and provider to provider. It is important for you to understand your health care benefits before your sleep study.

Most insurance providers cover the cost of a sleep study. Call your insurance provider and find out exactly what is and is not covered under your plan, and how much you have to pay yourself. Ask how much you have to pay if you need to have more testing done after your sleep study.

Write down answers to your questions, including the name of the person who gives you this information.

Billing

You will receive two separate bills for your sleep study. The first bill is for the sleep study. The second bill is for the health care provider who reads the results of your sleep study.

Visit allinahealth.org/billing or call 612-262-9000 if you have questions about billing or financial assistance.

Your Next Appointment

Location: _____

Health care provider: _____

Phone number: _____

Date: _____

Time: _____ a.m. / p.m.



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